

Mastering Your Health website on the go!

HOME PAGE

Mastering Your Health is a half hour television program providing relevant and up-to-date health care information, designed primarily for women, but appropriate for people of all ages.

Our access to nationally recognized medical experts, affiliations with leading university researchers and our inter-disciplinary approach allow us to deliver both sound medical solutions and unique natural alternatives.

Each host-driven episode features lively input from a suite of these experts. Well-known medical doctors, psychologists, licensed chefs, chiropractors, physical therapists, clinical nutritionists and more, explore a given medical topic from all perspectives - often, traditionally conflicting perspectives - to arrive at the best course of action in prevention and treatment.

SHOWS

The Mastering Your Health half hour television program provides the most complete, relevant and up-to-date health care information to people of all ages. In-depth knowledge of leading university research and our inter-disciplinary approach allow us to deliver both sound medical options and unique natural alternatives. We infuse every program with integrity, credibility and approachability. Collaboration is our hallmark.

Check out excerpts from our current shows and a list of topics we will be covering in future shows.

CURRENT

DIABETES

More than 20 million men, women and children in the United States have diabetes and over 40 million are estimated as having pre-diabetes and experts say the disease is on the rise, nearing epidemic proportions.

Diabetes is a disease in which the body does not produce or, properly use insulin—a hormone that is needed to convert sugar, starches and other food into energy for everyday life.

When the body can't make insulin, it is Type 1 diabetes. When the body makes some, but, not enough insulin and doesn't respond normally to insulin—which is much more common—it is Type 2 diabetes.

If the body can't use insulin properly, or if there just isn't enough insulin, glucose (blood sugar) accumulates in the blood instead of going into cells. When blood glucose levels are chronically too high, you have diabetes.

The exact cause of diabetes is still a mystery but, experts know that genetics, as well as, obesity, poor diet, stress and lack of exercise play a role. Mastering Your Health can help you improve your diet and fitness level to help lower your risk. And if you have diabetes we will introduce medical, and alternative ways to help you manage the disease.

We will talk to experts in the field to bring you the very latest, up-to-date information on diabetes.

Our medical expert will show you the latest insulin injections on the market and we will demonstrate testing of blood glucose levels. A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Glucose comes from carbohydrate foods and is the main source of energy used by the body.

That is why it is so important to understand the effect of "carbs" on your blood glucose levels—high blood glucose levels over time can damage eyes, kidneys, nerves and blood vessels.

Mastering Your Health's Nutritionists will show you how to properly manage your diet and even demonstrate how to prepare the foods that are good for you.

It is also important to know how exercise helps regulate blood sugar levels, and Mastering Your Health's fitness team will demonstrate activities that you can do every day to help lower your risk of disease.

Diabetes is the 6th leading cause of death in the United states and some experts says it can shorten your life by as much as 15 years.

Let Mastering Your Health help you take control of your health, and the health of loved ones... today...and *for Life.*

SKIN CARE

Americans spend millions on skin care products every year—many times with lackluster results because people just didn't know what type of skin they really have.

Mastering your Health will take an in depth look at your body's largest organ—the skin—and help you determine your skin type, which will clear the way for you to finally find the products that are right for you.

Mastering Your Health will talk to skin expert Dr. Leslie Baumann --Chief of the Division of Cosmetic Dermatology and a professor at the University of Miami, Florida -- about her findings that dispel the myth of only four skin types; oily, dry, combination and normal. Instead, Baumann says there are actually 16 different types of skin based upon 4 criteria: Dry or oily, sensitive or resistant (not easily irritated or blemished), pigmented (brown spots) or non-pigmented, wrinkled or tight. Over 80% of all women are using products that are not right for them

It's no wonder one cream doesn't work for everybody!

Mastering Your Health's medical team will take you through the steps of understanding skin conditions such as Rosacea with actual patients and discuss how they would treat certain conditions...

They will also discuss skin cancers such as Basal cell carcinoma (BCC), the most common type of skin cancer, Squamous cell carcinoma (SCC), the second most common form and Melanoma, the potentially most serious type of skin cancer which can begin with a simple change in a freckle or a mole, so you will know what to look for before your next Doctor's appointment.

Mastering You Health also wants you to understand the latest findings on cosmetic skin care by discussing research on Botox, a muscle relaxer, and fillers for fine lines and wrinkles. It is also important to learn how nutrition impacts your

skin and our nutritionists will show you how foods with omega 3s found in fatty fish such as salmon, or in flax seed oil, can be good for your skin.

Let Mastering Your Health help you learn more about your skin so you can have glowing, youthful looking skin --and more importantly—healthy skin, today....and *for life!*”

FUTURE

Mastering Your Health wants you to know that a majority of disease prevention is in your control. Mastering Your Health's goal is to help you learn the management of your condition, and help you prevent and even post-pone diseases you are predisposed to. If you integrate lifestyle changes, preventative actions, good nutrition and consistent early detection exams with your family physician, you can take control of your health and the health of your family. But, how do you do it? To integrate the latest and greatest health care options from lifestyle changes, preventative action, alternative and conventional care in a usable form for life, that's "Mastering Your Health. Tune us in on the following topics in 2010.

Top Show Topics

Addiction

Back Pain/Joint pain

Fertility/Infertility

Children's health

Headaches/Migraines

Depression

Inflammation

Cancer

Diabetes Type 1, 2 and gestational

Heart Disease

Cholesterol/Fats related to Heart Disease

High Blood Pressure

Stroke

Arthritis

Auto-Immune Diseases

Women's Health

Hormone Dysfunction/Hormone replacement

Burn out (total)
Thyroid Disease
Skin Health
Sleep Disorders
Prostate health
COPD
Obesity
GI conditions/GERD
Diet/Weight Loss
Alzheimer's/Parkinson's/Senile Dementia
Autism
Bulimia/Eating Disorders
Osteoporosis
Fibromyalgia/Myofascial pain syndrome
Athletic injuries

TREATMENT (MEDICAL CARE)

Mastering Your Health believes the best health care system for you will relate to how well you work on prevention and lifestyle management at home while working with your health care provider to maintain the best possible health. Unfortunately, the level of confusion on how alternative and conventional health care works together is overwhelming and often makes us feel helpless when it comes to helping ourselves. Mastering Your Health believes in a coordinated blending of these types of care are possible and most importantly this meshing is necessary for our society to recover our health. By blending these types of care and quality home preventative actions, we believe your chances of improving and maintaining your health is very beneficial in the long run.

To keep down costs Mastering Your Health will talk openly about the value of healthy foods, natural products (vitamins, herbs, homeopathic, essential oils etc...), exercise and healthy stress verses unhealthy stress.

Mastering Your Health will concentrate on cutting edge medications, surgeries and other advance treatments and diagnostic tests. Most importantly, you do not have to choose one side or the other. Mastering Your Health will help you feel more comfortable in working with your doctor on all possible treatments that work well together and in this way, lower the risk of interactions. This area will be a constant battle of balance for the Mastering Your Health team, but your health is our primary goal and that is why it is worth the effort to help you make sense of all the confusion.

Let Mastering Your Health help you take control of your health, and the health of loved ones... today...and *for Life*

CONVENTIONAL

Conventional Medical Health Care “Mastering Your Health believes great strides have been in medicine, diagnostic procedures and surgery over the years, which has all led to improved health care today. But, some concerns remain. More than 50% of Americans do not have a family physician, and rely on emergency facilities for their care-- which can lead to misdiagnosis and mismanagement of their health. Having a family physician who is aware of your health issues will ensure you get the care you need. Your physician can also help you explore your family history of disease so, you can learn what preventative measures you can take to fend off disease and enjoy a long and healthy life.

And if you are in need of medical treatment, your family physician can help guide you through the latest medical advancements, treatments and medications to help treat your particular health condition.

Mastering Your Health can help you understand how good medical care, along with lifestyle and preventative measures, can lead to the best possible health care.”

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ALTERNATIVE

Alternative Health Care “Mastering Your Health believes alternative health care is a key component to overall wellness, and can be integrated properly with medical health care. Both kinds of care, along with preventative measures and environmental well-being , can add up to a healthier lifestyle for years to come. Mastering your health will educate you as to what alternative care programs will complement your medical care. Then, you can explore your alternative care options and decide how to properly invest in them. Knowing how to properly integrate alternative care with medical can save lives, as well as, make for a healthier you. Mastering you health will help educate families and care givers on this very important issue by talking with experts in the medical and alternative care field, as well as, those in pharmacology, nutrition, osteopathic, chiropractic, exercise, physical therapy acupuncture herbology, and homeopathic medicine. MYH will bring these experts together for a common sense approach to a well rounded health care plan for you and your loves ones.”

Let Mastering Your Health help you take control of your health, and the health of loved ones... today...and *for Life*.

HEALTHY LIFESTYLE

Mastering Your Health realizes that prevention and lifestyle management play a huge role in our overall health. While family history of disease is very important, it still comes down to the food you eat, your daily exercise routine and your overall emotional well-being that can make a difference in your health care. The fact is, genes, and family history account for only about 5-10% of disease, and the rest is up to you. So, an ounce of prevention does add up to a pound of cure!

Mastering Your Health will show you what preventative measures and lifestyle changes you can make that will help you take control of your health care. You will learn what foods help ward off certain disease, what exercises strengthen the body, and what simple changes you can make in your everyday life to put you on the road to better health.

Mastering Your Health will help develop an informed, step-by-step plan that's right for you and get you where you need to be... on the road to a better health."

Let Mastering Your Health help you take control of your health, and the health of loved ones... today...and *for Life.*

NUTRITION

Every time you choose one food over another, you make a decision that can affect your health. Certain food and food combinations have been shown to benefit your health, as well as help prevent diseases such as diabetes, heart disease, high blood pressure, cancer, arthritis, high cholesterol and auto-immune diseases.

Mastering Your Health Chefs and nutritionists combine their knowledge and understanding of food to help you learn how certain foods can help you. What is the difference between complex and simple carbohydrates? What's the advantage of natural whole foods over those that are refined and processed? What foods have the most vitamins, minerals and therapeutic phytochemicals that you can add to your diet?

These are some of the questions that will be answered by Mastering Your Health.

You will also learn more about supplements and about how certain foods can help the treatments you are receiving work better and faster.

It is not always a matter of giving up the foods you love but, how adding certain other foods can actually help improve specific health conditions.

Mastering your health will help you learn how food and knowledge can help you take control of your health and those you love and care for.”

Let Mastering Your Health help you take control of your health, and the health of loved ones... today...and *for Life.*

EXERCISE

Mastering your Health places a high priority on daily exercise. Regular physical activity can help strengthen and tone the muscles so you look and feel better. It also helps boost the immune system. Exercise can do a lot to help ward off diseases, too, such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Regular exercise also has been shown to improve mental health and fight depression. Now that you understand more of the benefits of exercise, you can get to work finding a plan that is right for you, and that will be enjoyable enough to do every day. First, make sure you visit your Doctor for a physical and know your limitations before you start. Make sure you know how to find your pulse rate and measure your pulse rate during and after your exercise program. It is also good to know your resting pulse (pulse rate while sitting still, resting) because certain illnesses can alter your pulse rate, so it is helpful to know what it is when you are well. Mastering Your Health’s team of fitness experts will demonstrate exercises so, you will know how to properly and safely stretch and get your heart rate up through aerobics and strength training.

You can get started with just a few minutes a day and work up to a 30 minute a day routine five days a week. Let Mastering your health help you get started on an exercise plan that's right for you today and...for life.

HEALTHY HABITS

Mastering Your Health realizes that healthy habits are learned and can be changed with repetition and this health choice repetition plays a huge role in our overall health. While family history of disease is very important, it still comes down to the food you eat, your daily exercise routine and your overall emotional well-being and following all preventative health care with your care giver that can make a difference in your health care. The fact is, genes, and family history account for only about 5-10% of disease, and the rest is up to you. So, an ounce of prevention does add up to a pound of cure!

Mastering Your Health will show you what preventative habit changes you can make that will help you take control of your health care. You will learn what foods help ward off certain disease, what exercises strengthen the body, and what simple changes you can make in your everyday life to put you on the road to better health. Anyone can join in.

Mastering Your Health will help supply the information necessary to develop an informed, step-by-step plan that's right for you and get you where you need to be... on the road to a better health *"for life."*

RECIPES

Every time you choose one food over another, you make a decision that can affect your health.

Certain food and food combinations have been shown to benefit your health, as well as help prevent diseases such as diabetes, heart disease, high blood pressure, cancer, arthritis, high cholesterol and auto-immune diseases.

Mastering Your Health Chefs and nutritionists combine their knowledge and understanding of food to help you learn how certain foods can help you. What is the difference between complex and simple carbohydrates? What's the advantage of natural whole foods over those that are refined and processed? What foods have the most vitamins, minerals and therapeutic phytochemicals that you can add to your diet?

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You will also learn more about supplements and about how certain foods can help the treatments you are receiving work better and faster.

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Mastering your health will help you learn how food and knowledge can help you take control of your health and the health of those you love---*for life.*

Diabetes

- Baked Cauliflower with Lemon
- Cajun Eggs
- Chicken Sesame Balls
- Chicken Zucchini
- Hummus
- Lamb Lettuce Wraps
- Lemon Lime Soda
- Low Carb Spaghetti
- Yogurt Parfaits
- Zucchini Pizza

Skin

- Autumn Skillet fruity Autumn Bake
- Baked Squash with Blueberries
- Best Brussels sprouts
- Blueberry Banana Flax Bread
- Chicken Sesame Balls
- Goji Blueberry Muffins
- Guacamole taco platter
- Ratatouille
- Super Antioxidant Salmon Salad
- Winter Chop Chop Salad

BIOGRAPHIES

Shawn Benzinger, DC, DABCO, FIAMA - Shawn R. Benzinger DC, DABCO, FIAMA, is the founder and Director of the Indy Spinal Care Center—a one of a kind multifaceted health center in Indianapolis, Indiana that he opened in 1999 after 13 years of private practice. Dr. Benzinger also specializes in Orthopedics with a focus on chronic pain and alternative care. He served as head of the Advanced Orthopedics Program in Indiana for five years. He has a special interest in relationships between nutrition and disease and has been a spokesperson for national nutrition groups, as well as, private education groups. As a noted medical spokesman, Dr. Benzinger has been hosting a daily syndicated health program “Benzinger on Health” since 1993.

His web site: www.SecondOpinion.org was build to educate the public on treating and preventing a variety of health conditions.

Pat Carlini - MYH co -host Pat Carlini is a 20 veteran of Television and radio news in Indianapolis, Indiana. Pat has also participated in a nationally syndicated radio show based in Indianapolis and is a six time Marconi Radio award winner from her participation with the show. Pat has hosted a variety of live broadcasts during her career including the 1995 NBA Playoffs with Indiana Pacers and the 1996 Summer Olympics in Atlanta, Georgia. Pat is a graduate of The Ohio State University in Columbus, Ohio where she earned a B.A. in Journalism. During her year television career, Pat has conducted many interviews with health officials and reported on controversies involving health care research. Today, Pat takes a personal interest in helping people take charge of their health care starting from school age children on up. Pat resides in Indianapolis, Indiana with her husband and three children.

J. Scott Ries, MD, FAAFP - J. Scott Ries , MD , FAAFP is a board certified family physician in private practice at American Health Network in Fishers, Indiana. Dr. Reis attended Liberty University , Lynchburg , VA (*BS summa cum laude*), and Indiana University School of Medicine in Indianapolis , Indiana . Along with his private practice in Fishers, Dr. Ries was a full time faculty member with Department of Family Medicine Indiana University School of Medicine. He has been a regular on/off air consultant on various health issues topics to Health Team 13 at the Indianapolis NBC affiliate WTHR . He has also served as a Medical Development Consultant to MyDoc.com. Dr. Ries was awarded the Fellow, American Academy of Family Physicians degree in 2002 and the Glaxo-Wellcome Award for Faculty Original Research Study (First Place), “An Evaluation of a CPT Coding Worksheet in a Family Practice Residency” IAFP Research Day, in 2000. He is a member of the American Academy of Family Physicians since 1991. Dr. Ries resides in McCordsville , Indiana with his family.

Jodi Smith, CHEF- MYH Chef/Nutritionist Jodi Smith has been in the nutrition consulting business for nearly 3 decades. Jodi has hosted several television and radio health programs, served as Food and Nutrition Editor for the Saturday Evening Post, and taught nutrition to school districts for Elementary through High School students throughout central Indiana. Jodi created a program called “Choice For Health” for Mr.D’s grocery stores, which offers a quarterly newsletter as well as in-store demonstrations with personally created recipes. The successful program also trains management in nutrition, food preparation and buying trends. Choice For Health continues to expand today. Jodi also consults for several area doctors and has a special interest in allergies, yeast problems, hypoglycemia, cardiovascular problems, prenatal nutrition, children’s special diets, and general nutrition using diet and supplements. Jodi is a mother of five children and a grandmother of five grandchildren. Jodie resides in Pittsboro, Indiana with her husband who raises naturally grown cattle and crops.

Heidi Tumbarello, PT - MYH Exercise Specialist Heidi Tumbarello has been helping people “get moving” since the early 90’s. Born in Germany , Heidi moved to Chicago in 1977 and then to Indianapolis with her husband in 1989. She earned a BS in Physical Therapy from Indiana University in 1992 and worked at Community Hospitals through 2005. Heidi became a certified Jazzercise Instructor in 1999, certified weight trainer in 2001, and Clinical Educator in 2002. Today, Heidi is self-employed as a Jazzercise Center Owner and Instructor in Indianapolis , Indiana . Heidi specializes in developing personalized plans for individuals to help them lose inches and get fit through proper diet and exercise. Heidi is the mother of two college- aged children and resides in Indianapolis , Indiana with her husband.

Michael Husain is a nationally recognized television writer, producer director and founder of Good Vibes Media. He founded Pathway Productions in 1996, which grew to become a nationally honored media Production Company. Michael has worked on creating documentaries for The History Channel, HGTV, The Learning Channel, The Discovery Channel, PBS, A&E and ESPN. Pathway’s documentary work was recognized with 13 National Emmy Awards, 2 Golden Cine Awards, and 3 Telly Awards. Michael launched the first green wellness lifestyle show as executive producer of Discovery Home’s "Living Fresh" in 2005. Michael sold Pathway in 2007. His new company, Good Vibes Media, puts a particular emphasis on video that centers on health and wellness. His deep belief in the importance of such programming is a driving force in his work as the producer of Mastering Your Health. Michael graduated from Indiana University with a degree in Telecommunications and Political Science in 1987. He resides in Indianapolis with his wife and three children.

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