

## Internal Pharmacy

- Define Obesity, Heart Disease, and Diabetes
- Keep Your Internal Pharmacy Open
- Making Health Our Hobby
- Nitric Oxide and Exercise
- Sticky Stuff
- The Cardiovascular System
- The Pills and Skills Model of Health
- Your Body Makes Its Own Medicine

## Health Hobby

- Blood Sugar and Insulin
- Brain Health
- Breakfast & The Brain
- Cardiology
- Cheek Fat vs. Belly Fat
- Components of The Brain
- Don't Worry, Be Happy
- Exercise Stations Activity
- Garbage-Oxidation (rust), Inflammation (wear and tear), and Glycation (stiff and sticky stuff accumulates in the bloodstream)
- Grazing on Good Foods
- Insulin & Blood Sugar
- IRAH=Individual Retirement Account for Health
- Just Eat Real Food
- Move More
- Moving Waste from Our Waist
- Picture Reflection Activity
- Sipping Solution
- The Digestive System
- Unhealthy Aging

## Inflammation

- "Go Fish"
- Deep Breathing Activity
- Define Inflammation and Causes of
- Food Synergy (eating a variety of nutrients together from different sources helps the nutrients become more biochemically beneficial to the body)
- Healing Foods vs. Hurting Foods
- Helper's High
- How to Reduce Inflammation

## Topics: Adults and Seniors

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- IBOD
- Laughter
- Meal Planning Activity
- Nine Ways to Keep the Body's Inflammation in Balance
- Reshaping Your Tastes
- Stress and Stress Busters
- Superfoods
- Tools for Healthy Aging
- Wisdom of The Body

### The Prime-Time Health Book: Keeping the Body at Its Prime

- Advanced Glycation End Products (the bonding of a sugar molecule to a protein from excess sugar consumption)
- Calcium Robbers
- Eight Ways the Brain Can Lose Its Prime
- Enjoy Healthy Lungs
- Go Fishing for Your Heart
- Got Gas?
- Gut Health 101
- How the Gut Slows Down with Aging
- Improving Your Breathing
- Improving Your Hearing
- Improving Your IQ
- Osteoporosis (Bone disease that results in bone loss)
- Seven Ways to Keep the Gut Healthy
- Six ways To Keep the Brain Healthy
- Six ways to Keep Your Skin Looking and Feeling Younger
- Six Ways to Save Your Shoulder
- Smoothies
- Three Steps to Good Gum Health
- Three Ways to Build Better Bones
- Traffic Light Seafood

### Prime-Time Well Being

- Caffeine Caution
- Erectile Dysfunction/Connection to Coronary Artery Disease
- Excess Alcohol
- Fifteen Sleep Better Tips
- Food Synergy
- How the Cardiovascular System Ages

## Topics: Adults and Seniors

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- Seven Ways to Keep Your Cardiovascular System Healthy
- Seven Ways to Mellow Menopause
- Six Simple Stress Busters
- Taking It Easy on The Endothelium
- Tips to Enjoy Better Sex

### Prime-Time Health Care

- Avoiding Medication Errors
- Blood Pressure 101
- HDL/LDL And Cholesterol
- Inflammation Control
- Moving More Opens Your Arteries
- Oil Changes for Heart Maintenance
- Sixteen Ways to Prevent Cancer
- Statins (Cholesterol lowering drugs and effects on the body)

### Prime Time Fitness

- Five Ways to Be Kind to Your Knees
- Six Strength-Building Tips Before You Start Lifting
- Ten Tips for A Better Back
- Thirteen Ways to Stay Lean
- Top Ten Fitness Starters

### Prime Time Plan

- Creating an Eight Week Prime Time Health Plan