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## **Select Health Podcasts**



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Podcast	
Mayo Clinic radio	<i>Mayo Clinic Radio</i> is a weekly one-hour radio program highlighting health and medical information from Mayo Clinic.
Good Day Health	Good Day Health with Dr. Ken Kronhaus is a two hour radio broadcast featuring phone calls woven into a discussion of the latest innovative and pioneering medical research.
Fit. Ready. Go.	Weight loss and improving your life one day at a time. <i>Ready. Fit. Go.</i> is here to help those looking to better themselves with the knowledge hosts Steve "Megatron" Phillips and Mary Phillips have learned on their fitness journey.
Food Flow	This podcast covers everything from: Sustainable Farming, Bizarre Diets, Food System Sustainability, Food Psychology, Dietary Philosophy, Environmentalism, Responsible Agriculture, Unique Nutrition, Farm to Fork Eating, Urban Farming, to Healthy Living.
Frankly Speaking About Cancer	Episodes tackle critical issues including: achieving the best care and quality of life, treatments of the future, the drug approval process, relieving stress and anxiety, life beyond treatment and talking to kids about cancer.
Eat Great Live Well	Take control of your health and your life. <i>Eat Great Live Well</i> offers no complicated medical-speak! Just straight talk about eating healthier without giving up the foods you love.
Attention Talk Radio	This podcast focuses on ADHD and ADD including managing symptoms of attention deficit disorder, adults with ADD, or adults who have children with ADHD. The weekly Internet radio podcasts provide support for ADHD and ADD.

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