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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with Susan Downs, MD

Occupy Health
Friday at 11 AM Pacific
April 3rd 2020: Covid -19: more on building resilience

Covid -19 is affecting our lives. The media sometimes presents data in a fear engendering manner. Headlines such as "Hospitals Consider Do-Not-Resuscitate Order for All COVID-19.." make it essential that we build our immunity to prepare us for COVID 19 exposure and other diseases. Wellness measures including vitamin C, Vitamin A, Vitamin D and Zinc are adjunctive measures we can add to our wellness regime. These and more are discussed in this interview

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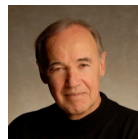
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Featured Guest



Len Saputo, MD

Len is a board-certified internist with more than 50 years of clinical experience. He has pioneered the development of an integrative, holistic, person-centered, preventive health care model called "Health Medicine." He is the founder of the Health Medicine Forum, a non-profit educational foundation and the Health Medicine Center in Walnut Creek. Len is a practicing physician, motivational speaker, television and radio personality, and was formerly ranked number one in the world in men's senior singles tennis by the International Tennis Federation. He is the author of the Nautilus Gold Award winning book, A Return to Healing: Radical Health Care Reform and the Future of Medicine and Science,

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