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The Kathryn Zox Show

The Kathryn Zox Show Wednesday at 7 AM Pacific

October 15th 2014: Living with Alzheimer's & The New Face of Heroin

Kathryn interviews award-winning investigative reporter Greg O'Brien, author of "On Pluto: Inside the Mind of Alzheimer's". Without a cure, Alzheimer's is expected to exceed heart disease and cancer as the leading cause of death in the next 15 years. Diagnosed at 59 with Early-Onset Alzheimer's, O'Brien has written an illuminating, naked and honest account of living with the disease, not dying with it. In his memoir, On Pluto he speaks candidly about what it's like to lose your mind and to see slices of your identity slipping away.

Kathryn also interviews Alex Zaphiris MD, MS, creat

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Featured Guests

Guest Image

Greg O'Brien

Greg O'Brien has more than 40 years of newspaper and magazine experience as a writer, editor, investigative reporter, and publisher. Over the years, he has contributed to, among other publications, the Associated Press, UPI, USA Today, Huffington Post, Arizona Republic, Boston Herald American, Boston Metro, New York Metro, Philadelphia Metro, Providence Journal, Cape Cod Times, Boston Irish Reporter, and Boston Magazine, where he was senior writer. He is the former editor and publisher of the Cape Codder and Register newspapers; former editor of Cape Cod Life; and was a founding managing director of Community Newspaper Company in Boston. He also is the editor/author of several books, has wri

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Guest Image

Alex Zaphiris

Dr. Alex Zaphiris knows how to help you heal your brain if you have used opiates and need help. She has a website called Recovery Supestar, an innovative online program for people recovering from opiate use. She first introduced the Recovery Superstar concept in 2011, because she saw that when her patients recovering from opiate addiction learned how to hack their brains, they gained more control of their lives. Recovery Superstar applies the latest advances in neuroplasticity and integrative mental health in a self-directed, private program to help people with opiate addiction heal their brains at a deeper level and eventually live an opiate-free life. If you or someone you know has been

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