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Wednesday at 4 PM Pacific

April 27th 2016: Supplement Risks, Distracted Drivers, Cage Free

We all want to be healthier and many people are taking herbal supplements. Calcium, Echinacea, ginkgo, turmeric, lavender, St. John's wort, alfalfa, garlic are all good for us, right? Think again. In Health Matters, Heather Brittany advises us to be aware of the benefits and risks associated with combining supplements with medications.

Are you a distracted driver? With text messages, social media notifications, and talking GPS apps, it's no surprise that mobile devices have become synonymous with distracted driving. But there is more danger in the car than you know. Find out what to avoid.

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