

Other Media [OM] (Videos, Websites, Blogs, Podcasts, Social Media, etc.)

Videos

[Vimeo](#)
[YouTube](#)

Websites

[Personal](#)
[Professional](#)

Blogs

[The FoodMD.](#)
[Huffington Post.](#)
[Mind Body Green.](#)
[Bottom Line Health.](#)
[Medical Daily.](#)

Podcasts

[Johns Hopkins Food as Medicine.](#)
[ACG Podcast on Nutrition in the Hospital.](#)
[High Intensity Health: Prebiotics.](#)
[Body Ecology Living.](#)
[Peoples Pharmacy.](#)
[Bulletproof Radio.](#)
[Healthwatch.](#)
[Intelligent Medicine.](#)
[Intelligent Medicine's Best Podcasts of 2015.](#)
[The Inside Tract.](#)
[Advanced Strategies for IBS.](#)

Social Media

[Twitter](#)
[Facebook](#)
[Pinterest](#)

Media on Line for Johns Hopkins Medicine

[The Gut Balance Revolution](#)
[Take 2 Carrots and Call Me in the Morning.](#)
[Superfoods to the Rescue.](#)
[10-Must-Haves for your Kitchen Pantry.](#)
[The Garden in Your Gut.](#)
[5 Ways to Support Gut Health.](#)
[The Skinny on Healthy Eating and Gluten.](#)
[Circling the Dome: Swallow for the Camera.](#)
[A Woman's Journey: Food as Medicine.](#)
[Two-Johns-Hopkins-Teams-in-Collegiate-inventors-Competition-Finals/](#)
[Johns Hopkins Women's Journey Executive Breakfast 2010.](#)

Facebook Posts with Johns Hopkins Medicine

[Probiotic Supplements.](#)
[Exhaustion Mood and Your Gut.](#)
[The Garden in Your Gut.](#)
[9 Foods Doctors Swear By.](#)
[Some Foods Double as Medicine.](#)
[Charcoal. The New Detoxing Miracle to End Belly Bloat?](#)

[Stress and Ulcerative Colitis.](#)
[A Woman's Journey: All Children's Hospital 2015.](#)
[5 Myths About Celiac Disease.](#)
[Truth or Consequences: Why You Shouldn't Lie to Your doctor.](#)
[Gas in the Digestive Tract.](#)
[Holiday Eating.](#)
[Food as Medicine: A Woman's Journey Fall 2010.](#)

Available On-Line Media.

2010 [ABC News: FDA Approves Qnexa](#)
2011 [ABC News::Acid Reflux and Obesity](#)
2011 [ABC News: Colon Cleansing Useless-Unsafe](#)
2012 [ABC News: Qnexa Ruling Renews Debate](#)
2013 [Bottom Line Health: Dangers of a Slow Stomach.](#)
2014 [ABC News: 9 Foods Doctors Swear By.](#)
2015 [Vox.com: The Tom Brady Diet.](#)
2015 [Dr. Perlmutter.com: Gut Bacteria Control Body Weight.](#)
2015 [EurekAlert: Video Press Briefing. GI Experts on Key ACG 2015 Science.](#)
2015 [Baltimore Magazine: Health Benefits of Fermented Foods.](#)
2015 [ABPUS: Health and Diet..](#)
2015 [WYPR: Fad Diets and Fermented Foods.](#)
2015 [WYPR: Enhancing the Biodiversity of the Gut.](#)
2015 [WYPR: The High Protein Diet.](#)
2015 [WYPR: The Dukan Diet.](#)
2015 [Intelligent Medicine: Take Charge of Your Metabolism.](#)
2015 [Paul ChristoMD.com: Irritable Bowel Syndrome.](#)
2015 [XM Doctor Radio: The Gut Balance Revolution.](#)
2015 [Women's Health: Gut-Mind-Connection.](#)
2015 [Oprah.com: Health Wellness Cures-For-Bloating-Flat-Stomach-Foods.](#)
2015 [Men's-Health: Mind-And-Gut-Control. #9](#)
2015 [Better Homes and Gardens: Curry Powder pg. 156.](#)
2015 [Prevention: Foods-Soothe-Heartburn.](#)
2015 [Redbook: Body/Health-Fitness/Features/How-To-Lose-Belly-Fat/.](#)
2015 [Medical Daily: Imbalances-Our-Gut-Flora-Contribute-Obesity-Epidemic-How-Do-We-Fix-341106.](#)
2015 [Oprah.com: Cures-For-Bloating-Flat-Stomach-Foods.](#)
2015 [Self: Beat-Bloat-Lose-Weight-And-Feel-All-Around-Amazing-By-Making-This-Change/](#)
2015 [Yahoo.com: Health/Charcoal-The-New-Detoxing-Miracle-To-End-Belly-1.](#)
2015 [Vegetarian-Times-Tummy-Trouble-Tamers.Pdf.](#)
2016 [Hopkins Medicine.org/Health/Healthy Aging/index.html.](#)
[Family Circle.com: Health/Weight-Loss/Diet-Tips/Reasons-You-Cant-Loose-The-Weight/](#)
[Time.com: Whole30-Diet-Nutrition-Food/.](#)
[US News.com: Wellness/Articles/Myths-About-Celiac-Disease.](#)
[The Atlanta Journal Constitution: Why-is-the-FODMAP Diet-Gaining-Converts/](#)
[Family Circle: Health/Weight-Loss/Diet-Tips/Reasons-You-Cant-Loose-The-Weight/](#)
[WDDTY.com/Magazine/A-Microscopic-Solution-The-Best-Gut-Bugs-To-Lose-Weight.Html.](#)
[Redbook Magazine: 11 Reasons Why You are Not Losing That Last Bit of Belly Fat.](#)
[Palm Beach Daily News:/News/Lifestyles/Health/Gut-Balance-A-Key-To-Shedding-Pounds/Nqzk3/.](#)
[Gastroenterology & Endoscopy News: Gastroenterologists-Urged-To-Assume-Leadership-in-Obesity-Epidemic/38789](#)

[WBFF FOX 45 News: Probiotics and Detoxes.](#)

Media Releases or Interviews [MR]

Radio/TV/Videotape

- 1993 Radio. Health Talk radio show. Dr. William Timmins and Dr. William Kellas. KPRZ. San Diego, CA
- 1994 Audio Tape. Preventive Medicine Update. Antioxidants: Are they Effective? Dr. Jeffrey Bland. Institute for Functional Medicine. Gig Harbor, Washington.
- 2007 Radio. Alternative and Cutting edge technologies with Craig Peterson. WGIR, WGIN, WGIP WLMW. Boston. Podcast from Apple I-tunes at the beginning of April, 2007.
- 2010 Interview. CBS Morning News. Joie Chen. Artificial Sweeteners. Baltimore, Maryland.
- Radio Interview. Integrative Gut Health. WOR 710 Radio The Ron Hoffman Show, New York, NY
- Video. University of Bridgeport Feature on Institute for Health Sciences. Bridgeport, CT
- Television Interview. Maryland Public Television. Food as Medicine, Direct Connection with Jeff Salkin, Owings Mills, MD.
- Video. National Foundation for Celiac Awareness Video on Celiac Awareness, Baltimore, MD
- Video. Food as medicine. A Woman's Journey. Baltimore, MD.
- 2011 Radio Interview. WYPR 88.1 FM (NPR affiliate). Midday Show with Dan Rodricks, The Dukan Diet.
- Radio Interview. The Inside Tract, WOR Radio 710 Health Talk, New York, NY.
- Radio Interview. Cover to Cover. XM Radio. The Book Channel 80. Washington DC.
- Audio Tape. The Inside Tract. Prevention Medicine Update with Dr. Jeffrey Bland.
- Radio Interview. KJCE-AM. Let's Get Healthy. Bill Swann. Austin, TX.
- Radio Interview. KLGO-FM. The Good News Health Show. Bill Swann. Austin, TX.
- Radio Interview. KLBJ-FM. Healthy Choices. Ray Solano. Austin, TX.
- Radio Interview. Irritable Bowel Syndrome. Aches and Gains with Paul Christo.
- Radio Interview. The Inside Tract. Martha Stewart Radio.
- Video. The Inside Tract. Dr. Sondra Scheinbaum, New York, NY
- Radio Interview. Digestive Health. Dr. Christiane Northrup. Hay House Radio.
- Radio Interview. Katherine Saxon. What is GERD? RadioMD.
- Video. GMO's harmful? Scott Peters. iHealth.com .
- Video. This is why gluten is a growing problem? Scott Peters. iHealth.com
- Video. You might be surprised how quickly you can damage your health. Scott Peters. iHealth.com
- Video. What to eat to improve gut health. Scott Peters. iHealth.com.
- Video. Improving your immune system starts here. Scott Peters. iHealth.com.
- Video. Is your gut healthy? Here's why you need to know! Scott Peters. iHealth.com.
- Video. Under stress? This is how it can affect your health. Scott Peters. iHealth.com.
- Video. These supplements might boost your immunity! Scott Peters. iHealth.com.
- Video. Suffer from acid reflux? It could be something else. Scott Peters. iHealth.com.
- Radio Interview. WYPR Baltimore, MD (NPR affiliate). Midday Show with Dan Rodricks, High Protein Diets.
- Doctors Unlock Mysteries About Gluten. Fox45 News.
- The Gut Balance Revolution. The Doctors Radio Station Sirius-XM Radio.
- Dr. Hoffman Intelligent Podcast.
- The People's Pharmacy. Probiotics. Broadcasted 2/6/16.
- Synthesis Podcast with Dr. Jeffrey Bland. The Gut Microbiome.

Fox45 News. The Gut Balance Revolution
Cure Talks. The Gut Balance Revolution.
MidDay Live with Dan Rodricks. The Gut Balance Revolution Maryland National Public Radio.
MidDay Live with Dan Rodricks. Diet Fads and Fermented Foods: Maryland National Public Radio.

Print Media 1990-

1990 Long acting Niacin causes fatal liver disease. Associated Press.
1996 Lawrence K. Altman. Consumers are reminded to wash fruit. NY Times.
2003 Debbie Geiger. Starch blockers aren't magic pills. Newsday.
2007 Kim Galez. Prevention's Maximum Immunity. Rodale Press.
Amy Pature. Artichoke leaf extract: A cure for gastrointestinal disease? Natural Health Magazine.
Allison Scotch. Cocoa husks for chronic constipation? First for Women Magazine.
Donna Jackson Nakazawa, The Autoimmune Epidemic. Touchstone/Simon and Schuster.
Stacie Zoe Berg. Gender-specific vitamins. Consumers Digest.
Penny Cockerell. Can complementary and alternative medicine improve brain function-brain candy? Home & Garden Magazine.
Scott Wescott. Food as metabolism boosters. Cooking Light Magazine.
Charles Stuart Platkin. Food as Medicine. The Buffalo News, The Miami Herald, The Rochester Democrat & Chronicle, Richmond Times-Dispatch, The Honolulu Advertiser, Fort Worth Star Telegraph, Burlington Free Press (Vermont), Northwest Florida Daily, The Times of NW Indiana, Springfield News-Leader.
Brenda Kearns. Can alternative medicine benefit Helicobacter pylori infection? Women's World Magazine.
Renee Schettler, Foods that help digestion. Martha Stewart Living Magazine.
Wyatt Myers. Prevention's Healing with Vitamins. Rodale Press.
Samantha Davis. Vitamin D in health and fitness. SELF Magazine.
Julie Deardorff. Probiotics-hype or help. Chicago Tribune.
Victoria Elliott. Probiotics for preventing antibiotic associate diarrhea. Am Med Association News.
Olga Norstrom. Celiac disease in women-the silent epidemic. First for Women Magazine.
Wyatt Myers. The healing foods. Explore Magazine.
Leslie Garisto. Food myths. Disney Family Magazine.
Judy Mandell. Hospital Food. AARP Bulletin.
Mark Landsman. Obesity in the USA. Healthy Aging Magazine.
Ramsey Flynn. Capsule endoscopy. Johns Hopkins Inside Tract Magazine.
Sara Altshul. Your guide to supplements. Better Homes & Gardens Magazine.
Jenna Stumpf. Stress and the gut. Men's Health.
Julie Deardorff. Natural solutions for constipation. Chicago Tribune.
2008 Aaron Lorenzo. New options for constipation. Pharmawire.
Dr. Nataliya Schetchikova. A Gut reaction. ACA News.
Brenda Kearns. Heartburn. First for Women.
Ramsey Flynn. Swallow the camera. Hopkins Medicine Magazine.

Mary Margaret Chappell. Super foods. Vegetarian Times Magazine.
 Martha Thomas. Raw foods. Baltimore Urbanite Magazine.
 Marianne Wait. Preventing digestive disease. Reader's Digest.
 Lindsey Galloway. Indigestion. Natural Solutions Magazine.
 Jessica Cerratani. Digestive health. Body and Soul Magazine.
 Vibha Varshney. Probiotics. Down to Earth Magazine.
 Donna Jackson Nakazawa. The autoimmune epidemic. Glamour Magazine.
 Brenda Kearns. Is high fructose corn Syrup a hazard for women's health? FIRST for Women.
 Juliann Schaeffer. Detox diets. Today's Dietician.
 Stephanie Watson. Vitamins and supplements. WebMD.
 Kate Scarlata. IBS and diet. Today's Dietician.
 Debrah Gordon. A natural approach to hemorrhoids. Reader's Digest.
 Laura Dailey. A natural approach to fiber. AARP.
 Elizabeth Krutoholow. A natural approach to constipation. Pharmawire.
 Jessica Cerranti. A natural approach to constipation. Natural Health Magazine.
 Redd Horrocks-Maier. Fruits and vegetables for health. Health and Fitness Magazine.
 Erin Swanson. Men's digestive health. Men's Health Magazine
 Lindsey Galloway. Detox-diets. Natural Solutions Magazine.
 Vicky Uhland. Burning questions about metabolism. Readers Digest.
 Liz Barker. Probiotics. Body and Soul Magazine.
 Meyer Houston. Diet pills-hype or help. Better Homes and Garden.
 Adam Bible. Natural ways to cure ulcers. Natural Health Magazine (Feb2009).
 Cassie Smith. Probiotics and digestive health-what are some ways to get regular?
 Delicious Living Magazine
 Kathleen Tomaselli. Food allergies: the next epidemic? American Medical News.
 Jill Rosen. Hospital cafeterias: heal thyself. Baltimore Sun.

2009

Janis Graham. Irritable bowel syndrome. Good Housekeeping Magazine
 Liver disease on the rise. Dr. Weil's Self-Healing Newsletter (April, 2009)
 Wendy Fries. New treatment for celiac disease? WebMD.
 Paula Dranov. Antibiotics associated colitis. Ask Dr. Weil Self-Healing Newsletter.
 Cari Nierenberg. DGL for digestive ailments-help or hype? Natural Health Solutions.
 Natural approaches to digestive disorders. Dr. Weil's Self-Healing Newsletter.
 Margery D. Rosen. The autoimmune epidemic. The Ladies Home Journal.
 Wendy Fries. Treatment and remedies to the irritable bowel syndrome. WebMD.
 Ashley Koff. Acid reflux alternative treatments. The Huffington Post.
 Paula Dranov. Gastroparesis. Ask Dr. Weil Self-Healing Newsletter.
 Danielle Kosecki. Ask the experts. Prevention Magazine.
 Nicole Falcone. Celiac disease. Johns Hopkins Medical Letter.
 Judith Minkove. Women's health and Nutrition for Hopkins Magazine. Hopkins Dome Magazine.
 Nicole Falcone. Top nutrition stories for 2009. Johns Hopkins Medical Letter.
 Donna Jackson Nakazawa. Lies we tell our doctors: "I Don't Take Any Other Medications".
 The Lady's Home Journal.

Nicole Falcone. Fad diets for weight loss: Do They Really Work? Johns Hopkins Medical Letter. Colon health. Dr. Weil's Self-Healing Newsletter (January 2010 Issue).

Paula Dranov. Esophageal spasm. Ask Dr. Weil Self-Healing Newsletter.

Jen Triolo. Competitive eating. Wired Magazine.

Paula Dranov. Intestinal gas. Ask Dr. Weil Self-Healing Newsletter.

Sara Reistad-Long. Hopkins doctor changes medicine. Woman's Day.

Jason Phillips. Supplements for digestive health. Nutrition Business Journal.

Anna Soref. The future of wellness. Natural Foods Merchandiser (March 2010).

Matt Edelson. Take two carrots and call me in the morning. Hopkins Medicine Magazine.

Lisa Marshall. Dr. Mullin: You're seeing a new generation of doctors that are more open.

Nutrition Business Journal.

2010 Anna Soref. Q&A with Gerard Mullin MD. Nutrition Business Journal.

Tania Hannan. Natural Solutions for the irritable bowel syndrome. Body and Soul Magazine.

Jill Rosen. Natural approaches to allergies. Baltimore Sun.

Wendy Fries. Season Digestive Distress: 10 Tips for Coping. WebMD.

Andrea Walker. Herbs and spices for health. Baltimore Sun.

Karen Smith. IBS. Body & Soul Magazine.(June, 2010).

Matt Edelson. Eat yourself healthy. Johns Hopkins Health. Spring 2010

Christina Frangou Weight bias. Gastroenterology and Endoscopy News and General Surgery News.

Danielle Kosecki. Prevention Magazine. Ask the experts. Home Remedies for Digestive Symptoms (Sept, 2010).

Laura Vozella. Probiotics for Health. Baltimore Sun.

Kim Carollo, Laura Salah. FDA to review new weight loss drugs. ABC World News Tonight and Good Morning America (on line).

Living the gluten free life. Johns Hopkins Health Alert.

Michelle Herrera Milligan. Natural solutions to GERD. Martha Stewart's Whole Living.

Julie Dearthoff. Stress and the Gut. Chicago Tribune.

Donna Jackson Nakazawa. Truth or consequences: why you shouldn't lie to your doctor.

Ladies Home Journal.

Courtney Hutchinson. Worms for ulcerative colitis-do they really work? ABC News. (on line)

Dr. Krista Collins. Lap Band Surgery. ABC News. (on line)

Donna Owens. Supplements for skin and nails. Hype or help? Baltimore Sun.

Linda Formichelli. Detox craziness. Women's Health.

Kate Scarlata. SIBO. Today's Dietician.

2011 Denise Mann. Celiac disease. WebMD.

Devon Schuyler. Dietary Fiber. Hopkins Health After 50.

Lindsay Benjamin. Probiotics. All You Magazine.

Marissa Cevallos. Is sugar toxic? LA Times Health.

Ian Chant. Natural alternatives for GERD. Remedy Magazine.

Richard Bessler. Food that makes your fat. ABC News (on line).

Christina Hennessy. A guide to your gut. Albany News, Connecticut Post.

Regina Nuzzo. Zinc for the common cold? Reader's Digest.

Bonjana Zupan. Colon cleansing ineffective and unsafe, say researchers. ABC News (on line).

Jill Provost. End Digestive problems for good. Women's Day.

- 2012 Catherine Guthrie. Overcoming constipation. Experience Life.
 Catherine Guthrie. The truth about grains: whole and refined. Experience LIFE
 Charlotte Libov. The link between stress and ulcerative colitis. WebMD.
 Lara Salahi. Acid reflux rates parallel obesity epidemic. ABC News (on line).
 Anna Miller. 4 herbal supplements your doctor hates. US News & World Report.
 Melinda Wenner Moyer. 5 warning signs that men should not ignore. Men's Health.
 Carrie Gann. Qnexa Ruling Renews Debate About its Risks and Benefits. ABC News-Good Morning America (on line).
 Popular but dangerous: 3 vitamins that can hurt you. US News & World Report.
 Ana Miller. Vitamin blues. Oman Tribune.
 Jill Provost. End digestive problems for good. Woman's Day.
 Julie Dearnorff. Doubts cast on food intolerance testing. Chicago Tribune.
- 2013 Shari Barnett, Swati Shroff. Secret to active 80s? Fitness-heavy 40s. ABC News (on line).
 Julie Dearnorff. Can a supplement reverse graying hair? Chicago Tribune.
 Rebecca Shannonhouse. Gastroparesis: Dangers of a "Slow Stomach. Bottom Line Health.
 Doctors caution that gluten-free is not for everyone. The Baltimore Sun.
 Melissa Klein. Am I getting enough calcium? Woman's World Magazine.
 Sumanthi Reddy. Probiotics' benefits may be more than a gut feeling. Wall Street Journal.
 Wendy Fries. How to teach your child healthy digestive habits. WebMD.
 Laura Ungar. Tea's health benefits boost its popularity. The Washington Post.
 Peter King. Your gut feelings are correct: health is alimentary. Newsday
 Claire Sykes. The ABC's of IBS. Remedies Magazine.
 Julie Stewart. Win the war in your gut. Men's Health.
 Jessica Royer Ocken. Go with your Gut. Body& More Magazine.
 Sarah Mahoney. 11 ways to rev up your metabolism. Good Housekeeping Magazine.
 Rebecca Shannonhouse. Gastroparesis: dangers of a slow stomach. Bottom Line Health.
- 2014 John Hanc. Power foods. Johns Hopkins Health (summer, 2014).
 Margery Rosen. Sick and tired. Ladies Home Journal.
 Anjula Razdan. Taking notes: why good bacteria are our friends. Experience Life.
 David Zincenko. 9 Foods doctors swear by. ABC News/Good Morning America.
 Teresa Dumain. Health Benefits of Soy. Dr. Oz Magazine.
 Julia Merz. How Diet Soda May Make You Gain Weight. Prevention Magazine.
 Rodale News. Superfoods for Weight Loss.
 10 Must Have Foods for Your Kitchen Pantry. Johns Hopkins Health Review. Fall
- 2015 Jihan Thompson. Cures for Bloating: Flat Belly Foods. O, The Oprah Magazine.
 Rebecca Kirkman. Health Benefits of Fermented Foods. Baltimore Magazine.
 Sunny Gold. Combating Constipation. Dr. Oz The Good Life Magazine. Published for April 2015.
 Jessica Cerantini. A New Look at Weight Loss. Self-Healing. May 2015.
 Bloomberg News. The Company Behind Beauty Wants to Make You Smarter.
 3 Secrets to Improve Digestion Oprah Magazine on line
 Health Benefits of Short Chain Fatty Acids. Innovision Media
 Foods to Soothe Heartburn. Prevention.com
 Beat the Bloat, Lose Weight and Feel Amazing. Self.com

Gut Check. Is Your GI Tract Giving You Trouble? Improve Your Digestion with These Tips. WebMD

The “Gut Bug” Diet Really Works. Bottom Line Health

Doctors Discover Fat Burning Gut Microbes. FIRST for Women.

2016 The Gut Microbiome and Weight Loss. Better Homes and Garden.

Relief for IBS. Andrew Weil Self-Healing Newsletter.

Gut Balance: a Key to Shedding Pounds. Palm Beach Daily News.

The Gut Balance Revolution. Gulfstream Media.

Probiotics and the Gut Microbiome. Pharmacy Practice News.

The Whole 30 Diet. Time Magazine.

Dietary Supplements. Johns Hopkins Health Review.