

# INTRODUCING



## A NEW PODCAST SERIES SPONSORED BY THE WAR RELATED ILLNESS & INJURY STUDY CENTER

**Veterans' Health Matters**, a new podcast series sponsored by the War Related Illness and Injury Study Center (WRIISC), offers clinicians, Veterans, and caregivers information on post deployment care, and also offers tools on effective patient-provider communication, various functional and integrative medicine approaches, along with exercise, that can improve the care of our nation's Veterans. During every episode you'll hear subject matter experts weigh in on these topics and also talk about services the WRIISC provides because every Veteran's health really does matter.

Search for Veterans' Health Matters on Apple Podcast (iTunes), Spreaker, Spotify, Castbox, Deezer, Podcast Addict, Google Podcast and other platforms!

\* iTunes and Google Podcast releases may be delayed

- Episode 1 - Difficult Patient/Provider Conversation (July 28, 2020)
- Episode 2 - Improving Patient Provider Communication (August 11, 2020)
- Episode 3 - Toxic Exposures and Gut Health (August 25, 2020)
- Episode 4 - Tackling Chronic Inflammation (September 8, 2020)
- Episode 5 - Gut Function and Health (September 22, 2020)
- Episode 6 - Rebalancing for Wellness (October 6, 2020)
- Episode 7 - Eliminating Unhealthy Foods (October 20, 2020)
- Episode 8 - Detoxifying: A Nutritional Body Cleanse (November 3, 2020)
- Episode 9 - Mighty Mitochondria (November 17, 2020)
- Episode 10 - Essential Food Nutrients (December 1, 2020)
- Episode 11 - Wearable Technology Trends (December 15, 2020)
- Episode 12 - War Related Injury & Illness Study Center (December 29, 2020)