



Follow Josh Lane on His Radio Program

Members of the National Health Federation and everyone interested in beauty, fitness, and longevity would enjoy listening to the wellness radio show *Here's To Your Health with Joshua Lane* broadcasting each week on: KCAA 1050AM, 102.3FM, 106.5FM, KTHO 590AM, 96.1FM, KMET 1490AM, KDSK 1240AM, 92.7FM, 92.9FM, KMIN 980AM, 104.3FM.

NHF Advisory Board member Joshua Lane, host of *Here's To Your Health with Joshua Lane* worked with the late Dr. Hans Kugler, Ph.D. when the show was on *LA Talk Live*. Hans, a long-time member of the National Health Federation's Board of Governors, was a co-host of the show broadcast on *LA Talk Live* in Los Angeles – the first internet radio and television station recognized by the Screen Actors Guild as a new category of media called Transmedia.

Josh Lane had the good fortune of learning about the power of food in healing back in his teens, and after completing his undergraduate degree he went to work for Dr. Ann Wigmore. Dr. Ann, as she was known, founded the Hippocrates Health Institute originally in Boston, Massachusetts, and is widely credited for being the most prominent modern-day teacher on the power of wheatgrass, sprouting, and whole raw foods. Dr. Ann's book *Be Your Own Doctor*, among nine other great books of hers, was very widely read. Josh worked with Viktoras Kulvinskis, co-founder of the Hippocrates Health Institute and the author of *Survival into the 21st Century*, one of the most influential teachers on raw foods and vegetarianism of the 1970s-1980s. Dr. Ann and Viktoras worked together at Hippocrates while there were still only a few centers for the

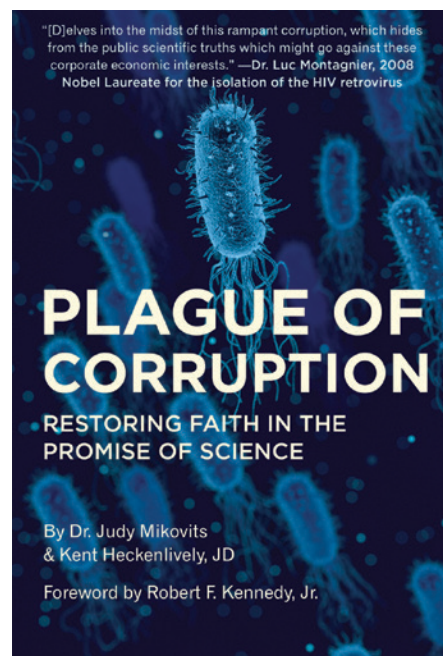
public to attend lectures or visit as guests and learn about the raw food lifestyle first-hand. Josh and Dr. Ann first appeared on public television in Boston. Josh also assisted Dr. Ann with the publication of her books, including her autobiography *Why Suffer?* and *The Wheatgrass Book*.

Josh Lane has written many articles about health and healing for a number of magazines, including *East West Journal*, *New Age Journal*, *Inflight Magazine*, *Dr. Shelton's Hygienic Review*, and *The Hallandale Digest*.

Josh taught Nutrition at Broward Community College. He has also hosted the television show *ViewPoint on Nutrition*, one of the first shows (back in the 1980s) to discuss environmental illness. Whole Foods Market picked Josh Lane to host *The Natural Grocer* radio show, which ran for many years in Florida.

Josh has previously hosted *Here's To Your Health with Joshua Lane* on Channel LA 36 TV Los Angeles. Some of the show guests included Suzanne Somers, fashion model Kim Alexis, champion bodybuilder Franco Columbu, Dr. Zach Bush, M.D., Dr. Judy Mikovits, Ph.D. – author of *Plague of Corruption*, Scott Tips, J.D. – author of *Codex Alimentarius - Global Food Imperialism*, Del Bigtree, and Ann Louise Gittleman, Ph.D. The director of the show, Darrell Wayne, ex-program director of KROQ Los Angeles, who helped launch The Go-Go's, was an early supporter of Tom Petty and remains good friends with "Weird Al" Yankovic, many athletes, authors, beauty experts, celebrities, chefs, environmental activists.

Here's To Your Health with Joshua Lane broadcasts all about health, food, exercise, the environment, and what one can do to be healthy. It is an intelligent and fun radio show, and a strong supporter of the work of the National Health Federation. 🔥



The show guests include Dr. Judy Mikovits, Ph.D., author of *Plague of Corruption*.