

The Gathering Place
Episodes 1-130

1	New York	Dr. William Castelli	Union Square Summer Salad	Overview of cholesterol
2	New York	Tony Hill	Greenwich Village Potato and Onion Tart	Spices/tea pairings
3	New York	Dr. William Castelli	Blintzes with Strawberries	HDL/LDL cholesterol
4	Ft. Lauderdale	Dr. Peter Jones	Red Pepper Soup Turnberry Isle	Fats: Saturated vs. Mono
5	Ft. Lauderdale	Graham Kerr	Sea Bass with Mango Chutney	The Gathering Place
6	Ft. Lauderdale	Dr. Michael Gaziano	Poppyseed Angel Cake with Mixed Berries	Wine/alcohol
7	St. Thomas	Lorri King	Spiced Spinach and Shrimp	Organics
8	St. Thomas	Graham Kerr	Lamb Shanks Frenchie	Non-alcoholic beverages
9	St. Thomas	Marion Franz	Fungi Foster	Diabetes: carb counting
10	Columbia	Dr. Cedric Bryant	Poached Eggs Cartagena	Exercise: Aerobic
11	Columbia	Tim Ryan	Steak Senora Teresita Roman de Zurek	Portion
12	Columbia	Dr. Cedric Bryant	Meringue Islands with Plum Sauce	Strength Training
13	Acapulco	Dr. Stephen Cunnane	Broiled Shrimp with Chile Sauce Barra Vieja	Fishing: health/ecology
14	Acapulco	Graham Kerr	Posole	Compassion
15	Acapulco	Penny Kris-Etherton	Pineapple Nieve	Trans fatty acids
16	Los Angeles	Dr. Susan Wentz	Corn Chowder	Patient/physician partners
17	Los Angeles	Evelyn Tribole	Duck Breasts in Plum Sauce/ Celery Root and Potato Puree	Advancing Your Health with a Daily Food Journal
18	Los Angeles	Susan Purdy	Orange Chocolate Yogurt Cake	Low-fat baking
19	Ensenada	Marion Franz	Watercress Soup	Refined vs. complex carbs
20	Ensenada	Graham Kerr	Ensenada Seafood Stew	Reflection
21	Ensenada	Dr. Phyllis Bowen	Sweet Potato Mousse	Antioxidants
22	Kailua-Kona	Dr. Mark Messina	Waimea Fried Rice	Vegetarianism
23	Kailua-Kona	Treena Kerr	Roasted Chicken with Pineapple Curry Sauce	Listening
24	Kailua-Kona	Marie Claude Thibault & Elizabeth Pivonka	Lychee Sorbet with Fruit Salsa	Eating More Fruits and Vegetables for a Better Health
25	Oahu	Dr. James Anderson	Pohole or Sunflower Sprout Salad/ Taro and Chile Cakes	The Joy of Soy