

Health Podcasts/Videos
(Dr. Jick's Suggestions)

Here's a list of medical podcasts (most also available on YouTube) I subscribe to:

1. Louise Newson, MD. She is a British physician and the founder and director of one of the largest Menopause clinics in the world. She has written numerous books, and her podcasts are pleasant to listen to and informative.
2. The Drive by Peter Attia, MD. The free option is quite detailed and comprehensive. The author also has a paid subscription option which provides bonus materials. Dr. Attia wrote the book "Outlive", a NY Times bestseller. Long and highly detailed podcasts and interviews. Health, Diet, Nutrition, Fitness, are all well represented.
3. Ovary Active. Two female ObGyn Doctors. One new episode about every two weeks. Topics are mainly focused on Perimenopause.
4. The Proof with Simon Hill, Ph.D. He's a scientist and presents research-based, balanced information on diet, health, and nutrition. He disagrees with many popular social media "influencers".
5. Gabriel Lyon, MD. She is a practicing physician and athlete with a strong belief in the importance of strength and skeletal muscle for female health. Author of "Forever Strong". Great podcast guests, especially when talking about use of testosterone.
6. Hot for your health with Vonda Wright, MD. She is an international speaker, author and practicing orthopedic surgeon with a lot of wisdom in menopause and female bone and skeletal muscle health.
7. Susan Davis, MD. Posts many brief videos on Instagram. Widely recognized as a world authority on Testosterone use in women and other hormone and menopause issues.
8. Layne Norton, PhD. Offers strength training programs and advice online (BioLayne) and diet and nutrition coaching (Carbon app - www.joincarbon.com/). Has a podcast on apple and other platforms. He is a nutrition scientists and power lifter.