

**Topic:**

Pre Holiday Nutritional Advice for a Healthy Thanksgiving, Christmas and New Year

**Guest:**

**Anahit Hovhannisyan, PhD**



**Dr. Hovhannisyan** is a professional Nutrition Specialist, researcher and scientist. She received her MS degree in Biology from Yerevan State University and Ph.D. in bioengineering (food technology in USA) from Armenian National Academy of Science in Yerevan, Armenia. She completed her Professional Nutrition, Diet and Health Program course in Ashworth University in Atlanta, Georgia and the International Nutritional training Programs in the Agricultural University of Athens, Greece, and in the Agricultural Academy of Sciences in Tel-Aviv, Israel. Dr. Hovhannisyan designed and conducted several important scientific studies in the area of nutrition, vegetable, food biology and biochemistry of medicinal plants of mitigation of diabetes.

Dr. Hovhannisyan has presented her scientific research at numerous International Scientific Nutritional Conferences around the world. She is an author of more than 40 scientific publications. Her experiences include providing diet instruction for weight loss, weight gain, diabetes, kidney disease, cardiovascular, digestive health and more, counsels individuals and groups on nutritional practices designed to eat right, prevent disease and promote good health. Her office is located in Glendale.

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Vicken Sepilian, MD FACOG

"Your Health" host Dr. Vicken Sepilian is a current board member and Past President of the Armenian American Medical Society. He is board-certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. He completed his residency in Obstetrics and Gynecology at Drexel University College of Medicine in Philadelphia and his fellowship in Reproductive Endocrinology and Infertility at the University of Texas. Dr. Sepilian currently practices in Los Angeles and in Glendale.

Featuring physicians and health care professionals whose areas of practice cover the entire spectrum of allied health care, "Your Health" is a dynamic resource for viewers interested in improving their health. The program emphasizes the importance of preventative care, and focuses on how people can maintain a healthful lifestyle. The program provides an opportunity for the Armenian community to address their concerns with the counsel of bi-lingual health care professionals. It also provides viewers with information about the Armenian American Medical Society (AAMS) and its activities in California and Armenia. The AAMS encourages individuals to contact local social workers to learn whether they are eligible for health insurance. AAMS doctors and nurses encourage their patients to get the insurance they deserve, and to see a physician regularly for the care that they need.