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A cooking show with a twist – creating healthy meals and debunking ‘facts’.

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Health & Wellness Channel is pleased to announce the signing of well-known cardiologist, author, speaker, and professional chef Dr. Mike Fenster, M.D., F.A.C.C., FSCA&I, PEMBA to host the show, “Just What the Doctor Ordered.” A cooking show with a twist, Dr. Mike not only prepares delicious, healthy meals, but in the process debunks widely accepted nutritional and cooking ‘facts’ such as the taboo of sodium, the crusade against red meat, and other hot-button topics of nutrition that are best delivered with the credibility of an interventional cardiologist. “Dr. Mike is a rare find: a cardiologist who advocates adding a pinch of salt to your meals and making cheeseburgers (alas with chevre and bison).

He gives us all reason to believe that we can live healthy, long lives, while still enjoying them!" says Drew Nederpelt of HWC.

The show, which will be filmed for broadband and cable, and will be taped in front of a studio audience and will include special drop-in guests in the fields of medicine, nutrition, homeopathy, fitness, wellness, and celebrity. Dr. Mike says, "My passion has always been cooking, and I am delighted to have signed with HWC so that I might combine that passion with bringing the gospel of healthy and delicious eating to a larger audience. HWC is going to be everyone's favorite channel!"

About Dr. Mike Fenster, M.D., F.A.C.C., FSCA&I, PEMBA

Dr. Mike Fenster, M.D., F.A.C.C., FSCA&I, PEMBA, combines his culinary talents and Asian philosophy with medical expertise, creating winning recipes for healthy eating. Known to his audiences as "Dr. Mike," he frequently presents live cooking demonstrations and lectures at meetings such as the national convention of The American Culinary Federation; as well as giving numerous radio and television interviews on health and food, both nationally and internationally. In addition to his recent book, he has written columns for numerous culinary magazines and websites and is a monthly contributor for Basil, a culinary magazine and The Tampa Tribune.

In addition to cooking professionally in the past, Dr. Mike has managed an award winning restaurant, developed recipes and demonstrated his inimitable cooking style for national audiences on various television programs. As a cardiologist, he has participated in numerous clinical research trials, taught, lectured and presented research findings at both the American Heart Association and The American College of Cardiology national meetings. He has achieved the rank of Assistant Professor of Medicine.