The best of the week’s health-related TV and radio

**PICK OF THE WEEK**

**THE FOOD HOSPITAL**
*Tuesday November 1, Channel 4, 8-9pm*

This new series examines the science behind using food as medicine. Lucy Jones (pictured), senior dietician at the Whittington Hospital in London, offers patients consultations on particular foods, advising on how to integrate them into their diets or cut them out. Gastrointestinal consultant Shaw Somers meets 25-year-old twin sisters Kristen and Maren, who are using food as a weapon against Kristen’s breast cancer.

**MONDAY OCTOBER 31**

**Helicopter Heroes**
*BBC 1, 9.15-10am, Monday-Friday*

Rav Wilding follows the work of the Yorkshire Air Ambulance service. Today, darkness threatens to ground a transplant patient’s life-saving flight, and an off-duty medic needs treatment.

**Celebrity Wish List**
*Channel 5, 7.30-8pm*

The Princess Royal Trust has organised a festival for young carers. Former Blue Peter presenter Zoe Salmon and the pop band McFly turn up unexpectedly to make it go with a bang. Brian Dowling meets a woman who provides a support network for families with disabled children.

**Origins of Us**
*BBC 2, 9-10pm*

Alice Roberts’s series reveals how our bodies tell the story of human evolution. Tonight, she explores why we are the only living species in the Homo genus. What is it that enabled us to succeed where other human species such as Neanderthals died out?

**TUESDAY NOVEMBER 1**

**The Life Scientific**
*BBC Radio 4, 9-9.30am*

Jim Al-Khalili talks to Sir Michael Marmot, professor of epidemiology and public health at University College London, about ‘status syndrome’. People with high status live longer than those with a low rating – it is a factor that is more important than diet or exercise. If we want to live longer, the message is that we should take more control over our lives.

**NEW HIGHLAND EMERGENCY**
*Channel 5, 7.30-8pm*

This week the Coastguard helicopter crew experiences a hectic end to a 24-hour shift. A tricky winch operation needs to be performed when rescuing an injured walker stuck on a cliff edge. Then, two canoeists in trouble in stormy seas off the north west coast of Scotland must be rescued before hypothermia sets in.

*Compiled by nurse Margaret Paul*