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Monologue

Dr. Wallach starts the show discussing a news article on the American diet. The article states that eating 3 square meals a day is now longer the norm. Apparently we Americans now get most of our foods as snacks. The article contends that people should plan ahead and pack healthy snacks to cut down on weight gain. Doc disagress asserting that snacking is a result of pica and cribbing which is caused by nutritional deficiencies.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on vaccines. According to vaccine expert Jon Rappoport there are tens of thousand and possibly hundreds of thousands of adverse reactions to vaccine every year. He asserts that although thousands are reported on the U.S. Department of Health and Human Services Vaccine Adverse Event Reporting System. However these adverse reactions are reported by the doctors administering the vaccine and the are entirely voluntary. Not to mention the government pushes vaccines because they are paid by the manufacturors. They do this on the condition that the companies cannot be held responsible for any harm caused by the vaccines.

Callers

- Chris asks Dr. Wallach if cacoa has caffiene and if so how much.
- Rita has friend with several health challenges including COPD, type 2 diabetes, mitro valve prolapse, obesity and depression.
- Rhoda is experiencing chronic yeast infections.
- Tony's granddaughter has been diagnosed with cystic fibrosis.

Call Dr. Wallach's live radio program weekdays from noon until 1pm pacific time at 831-685-1080 or toll free at 888-379-2552.