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Monologue

Dr. Peter Glidden fills in for Dr. Wallach. Dr. Glidden starts the show discussing the just concluded Youngevity national convention. Outlining why Dr. Wallach set up Youngevity as a network marketing company. So that a huge group of people can be accumulated and educated about health. With the idea that the educated people can educate more people to help save Americans from a broken medical system.

Pearls of Wisdom

Doug Winfrey and Dr. Glidden discuss a news article regarding a study on the accuracy of the BMI (body mass index). It's long been known the BMI has shortfalls as it doesn't take into account for people who have more muscle mass. Many pro athletes would be considered over-weight or obese. Now a study of over 1400 men and women has found that many people especially older women. Are listed as over-weight but when body fat percentages are calculated these people are actually obese.

Callers

- Pricilla has a friend diagnosed with RLS (restless leg syndrome).
- David's wife has scoliosis and wonders if anything can be done to improve her posture.
- Angela has three questions the first concerns a friend who recently suffered a stroke. Second she has questions regarding her own diagnosis of MS (multiple sclerosis). Finally has questions about a friend with arthritis.
- Erwin asks Dr. Gliddens opinion of the machines that alkalize water.

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.