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Monologue

Dr. Wallach starts today discussing a news article about areas that have reduced childhood obesity rates through school lunch programs. Doc specifically highlights California and the city of Philidelphia with the former reducing by .44% (less than half a percent) and the later at 1%. Asserting this is no big deal that weight loss can only be acheived by dietary and lifestyle changes. Specifically by adding mineral supplementation to diets because he contends this is the cause of weight gain.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding epidural steroid injections for back and neck pain. Most people are aware of the recent outbreak of fungal menininingitis from contaminated steriod injections. However, the article is about another problem with these injectiions and that is an incurable condition of arachnoiditis. This is when the dura is punctured by the injection and arachnoiditis is caused. This dura puncture is estimated to occur about 10-15% of the time but is grossly unreported according to experts.

Callers

- Tammy is starting her child in preschool but wants to avoid taking her daughter to a MD for a physical.
- Mark is obese and experiencing muscle twitches in his legs and feet.
- Nancy has questions regarding a child diagnosed with cystic fibrosis.
- Milton's mom has several health challenges and has some follow-up questions from a previous call.

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.