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Monologue

Dr. Wallach discusses the age differences between athletes and couch potatoes. The average life span of a professional athlete is 62. While the average life span of couch potato or sedentary person is 75. Doc concludes that just being in "good shape" does not allow people to live longer. Contending that as athletes sweat they sweat out a soup of nutrients, namely minerals and vitamins. Dr. Wallach asserts that his "Dead Athletes Don't Lie" CD is a good reference to learn about deficiencies created while working out.

Pearls of Wisdom

Dr. Wallach and Doug discuss a couple on news articles regarding Merck & Co. drugs. The first concern a recent article published in the New England Journal of Medicine. A review of clinical studies found that Vioxx began to cause heart problems much earlier than previously disclosed. A review of the clinical study found that some users experienced heart damage as early as four months. The second article concerns Merck & Co.'s Gardisil a vaccine for HPV. The Advisory Committee on Immunization Practices is recommending that all girls in the U.S. ages 11 and 12 be vaccinated for HPV (human papilloma virus). The drug was approved by the FDA recommends use in females ages 9 to 26. HPV has been linked to cervical, vulvar and vaginal cancers.

Callers

Jane is competition swimmer concerned about mineral depletion. Bill first has a testimonial about young girl with acquired seizure disorder who has been free of seizures for 5 months after getting the Pig Pack. Bill also has a question concerning scleraderma. Ginny has a friend who recently suffered an aortic aneurysm. Ed has questions concerning the levels of nutrients in the Youngevtiy products. Molly recently started an exercise program and menstrual cycle has been disrupted.