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Monologue:

Pharmacist Ben Fuchs fills in for Dr. Wallach. Ben discusses a recent FDA mandate that will require food manufacturers to list transfat levels on food label. Ben outlines the different types of fats and how the body uses them. Asserting that some fats such as cholesterol are actually more beneficial to the body than often thought.

Pearls of Wisdom:

Ben and Doug discuss a newly discovered compound in mushrooms from europe. Researchers believe the compound can be made into a new type of antibiotic. Ben asserts that although antibiotics are sometimes needed but are often over-prescribed. Outlining the various problems that have developed due to over-prescribing of antibiotics.

Callers

- Katheryn's 81 year old mother has a weak heart and her doctor wants to implant a pacemaker.
- Eula asks Ben about liver spots.
- Lino was recently diagnosed with Lyme's disease. Joyce has fibromyalgia and chronic fatigue syndrome.