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Monologue

Pharmacist Ben Fuchs fills in for Dr. Wallach. Ben outlines his credentials as a skin care expert asserting that many skin problems are signs of other more serious health challenges. Also outlining various nutritional strategies for combating these health challenges.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a couple of recent research studies on flax seed and ginseng combating cancer. The studies both funded by government agencies were looking for any health benefits from these supplements in treating cancer. The flax seed study found that after taking 30 grams of flax seed for 30 days cancer cell growth was slowed by 30-40% when compared to the control group. In the ginseng study after taking either 1000 mg or 2000 mg daily patients reported fatigue symptoms were "moderately better" or "much better" by 25% and 27% respectively.

Callers

- Derek's girlfriend is 6 months pregnant and has questions regarding the safety of taking supplements.
- Sean asks Ben about a nutritional supplement plan for his wife who's breast feeding and his six month old baby.
 - Barbara has questions concerning digestive issues.
 - Robin's husband has been diagnosed with rheumatoid arthritis.