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Monologue

Dr. Wallach starts the show discussing several common health challenges that he believes are caused by nutritional deficiencies. Outlining specific diseases and the specific nutrient deficiencies that lead to those health challenges. Many of the diseases outlined such as cardiomyopathy heart attacks are often suffered by young seemingly fit athletes. Doc asserts this is due to the soup of nutrients not just salt that are lost through sweat during workouts and competitions.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss two health related news articles. The first concerns a story about a lawsuit currently filed against the nations largest medical debt collection agency called Accretive Health. The Minnesota attorney general is alleging the collection company violated state and federal debt-collection laws and patient privacy protections. Alleging that Accretive Health sent employees to hosptial ERs and demanded credit cards or checks from patients before receiving treatments. Next they briefly discuss a study that reports babies born using IVF (in vitro fertilization) or other forms of fertility treatments are one third or 37% more likely to be born with problems or malformations.

Callers

- Terry has been experiencing pneumonia like symptoms for several months.
- Joy had a ventral hernia during her last pregnancy.
- Frank has several health challenges including G.E.R.D. (gastro esophageal reflux disease), weight gain and fatty liver disease.
- Dick read in one of Dr. Wallach's books that eating chicken cartilage and other nutritional supplements can help re-grow cartilage in joints. He asks Doc how that exactly works.

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.