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Monologue

Dr. Wallach starts the show discussing weight gain and obesity. The U.S. is now ranked number one in the world in obesity despite the fact that Americnas spend more on healthcare than all the other countries. Also quotes a story from USA Today where childhood obesity and type 2 diabetes in kids is also on the rise. Contending this is a caused by mineral deficiencies.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a couple of news articles on health. The first concerns an article that contends the chicken nuggets sold at a popular fast food restaurant contain an anti-foaming agent. Next they discuss a news article about a new drug approved by the FDA to treat psoriasis. The new drug apparently is only slightly more effective in controlling the skin disease and costs between $10,000 and $20,000 a year. While the old drug methotrexate only cost a couple of thousand a year. Doc asserts that neither drug is needed becasue psoriasis is merely a symptom of Celiac disease or a gluten intolerance. Adding that simply get rid of wheat, barley, rye and oats out of the diet will clear up the skin.

Callers

- Freddy has been diagnosed with inclusive myositis (a muscle disease).
- Patricia's boyfriend a type 2 diabetic recently suffered a mild stroke that left him with slightly slurred speech and weakness in his right leg. During his hospitalization doctors also discovered that he has a hole in his heart.
- Jim has two questions the first concerns a girl diagnosed with kidney reflux. Second he has questions regarding a dog with a paralyzed face.
- Dorothy has several health challenges including type 2 diabetes, hypertension and gout.

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.