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Monologue

Dr. Wallach starts the show discussing athletes and some of the most common health challenges they face. Asserting that when athletes sweat they are losing more than just sodium and potassium. But rather a soup of nutrients that is so rich a type of bee has started collecting sweat off of humans to get nutrients. Doc outlines the story of NBA star Theo Ratliff who at the age of 28 was told his body was breaking down and his career was over. He contacted Doc who put him on a supplement program which contributed to extending his career several more years.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning salt. Starting in 1972 health experts realized a connection between salt intake and a temporary rise in blood pressure. This led them to believe that if people ate a lot of salt all the time it could lead to hypertension a precursor to heart disease and stroke. So without any scientific evidence the health industry and the government pushed people to cut back on salt. Now 40 years later the goverment and many health experts still push this agenda. Despite the fact that four years ago Italian researchers in several large studies proved that individuals who had heart failure and had salt restricted greatly increased their risk of death.

Callers

- Zeb has a friend diagnosed with degenerative disk disease.
- Diane has two questions the first concerns herself and several health challenges including, low back and joint pain, bone spurs and difficulty during menstration. Second she has questions regarding her husband who has COPD (chronic obsturctive pulmonary disease), kidney stones and herniated disks in his back.
- Todd had some teeth remove and now is experiencing motion sickness, nausea and vertigo.
- Jerry's grandmother was in an auto accident that landed her in ICU where she contracted pneumonia.

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.