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Monologue

Dr. Wallach starts the show discussing a news story from the U.K. Apparently there is a doctor in the U.K. who is questioning the efficacy of the NHS's "Liverpool Care Pathway program. The LCP is designed to help patients with terminal illnesses pass with dignity and without pain. Dr. Patrick Pullicino beleives the program is being abused and basically euthanizing as many as 130,000 patients every year. In fact Dr. Pullicino contends he actually saved one patient who went on to live another 14 months.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a research study on aging and living to be 100. The report "100@100 Survey" asked over 100 centinarians what they believe is the secret to living 100 then compared it to the lifestyles of the baby boomer generation. Finding that on average centnarians get at least eight hours of sleep nightly and eat a balanced diet. Two things the baby boomers are not doing only 38% getting the full eight hours. Second only 68% of baby boomers are eating a balanced diet every day. Centinarians also believe social connections, excercise and spiritual activity play into long rewarding lives.

Callers

- Michelle's friend has peripheral neuropathies, arthritis, carpul tunnels syndrome and Lupus.
- Bellamy has a friend diagnosed with fibro myalgia.
- Marge's husband recently received a diagnosis of bladder cancer.
- Alex has stage 4 breast cancer.

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.