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Monologue

Dr. Wallach begins the show discussing various types of heart diseases. Outlining several types of heart disease that he believes can be prevented and reversed using nutritional supplementation. Citiing specific nutrients and how they relate to a healthy heart without using harmful drugs with side effects.

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Pearls of Wisdom

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Doug Winfrey and Dr. Wallach discuss a news article on the overuse of blood pressure medications. The story cites a study that found the use of these medications to treat stage 1 hypertension did not reduce the number of heart attacks, strokes or overall deaths. But do often lead to harmful side effects and sometimes death.

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Callers

- Barbara has chronic psoriasis.
- Greg has been diagnosed with Hodgkin's lymphoma.
- Marshall's son is a high school athlete who hyperextended his elbow.
- Jim's wife is allergic to grapeseed and he has concerns about Youngevity products that contain grapessed extract.

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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.