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Monologue

Dr. Wallach starts the show today discussing the obestiy epidemic in America. Contending that contrary to popular opinion obesity and weight gain are not a disease of excess. Asserting that it is a problem of nutritional deficiencies that cause people to binge eat and crave foods loaded with fats and sugars.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding a Dutch research study on ADHD (attention deficit hyperactivity disorder). The researchers found that putting ADHD kids on a restrictive diet decreased hyperactivity in 64% of the children in the study. Doc contends they got part of it right by restricting sugars and other food allergens. But asserts the children also need nutritional supplements to become completely symptom free.

Callers

- Allison has a friend with chronic yeast infections.
- Brenda has a friend with several health challenges including a heart attack, type II diabetes, hypertension and sleep apnea.
 - Michelle has questions regarding cystic fibrosis.
 - Charlotte was recently diagnosed with lymphoma.
 - Kim has questions conerning taking aspirin to thin blood.

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.