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Monologue:

Doctor Wallach discusses the latest book from Youngevity and Dr. Wallach. The book titled "Dead Athletes Don't Lie". The book outlines the importance of nutritional supplementation for athletes. Describing the various nutrients the body loses through perspiration. Not just potassium and sodium as some sports drink makers would have you believe.

Pearls of Wisdom:

Doug and Doc discuss a news article concerning recent research at Boston University. The researchers claim to have found a gene variant that they believe predisposes some people to obesity. This gene variant found in about 10% of the population predisposes people to 30% to 50% greater risk for obesity. Doug asks if only 10% of the population has the variant then why are more than 30% of the population suffer from obesity. If obesity were genetic only 10% would be obese.

Callers:

Star has a cat with a serious blood disorder. Rosie's sister has been diagnosed with arthritis. Leigh has an inflammed knee. Kim is pregnant and wants a supplementation plan. Laura's sister has just been diagnosed with hepatitis C.