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Monologue

Dr. Wallach starts the show discussing the growing problem of gluten intolerance. Government experts now believe that as much as 30% of Americans may have a gluten intolerance mostly undiagnosed. Doc explains how the problem is transmitted from mother to child. Then citing the various foods that need to be avoided and suggesting foods that are goood work arounds.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding research on acid reflux. Reseach indicates that as many as 44% of Americans suffer heartburn at least once a month and 7% have it every day. Gastroenterologists are finding that up to one half of these patients do not get relief from proton pump inhibitors or PPIs. These PPIs are the most widely prescribed drugs for heartburn with 113 prescriptions written each year. Gastroenterologists are also finding many of those not getting relief from the drugs also show no signs of acid erosion in their esophagus. So in their infinite wisdom they have invented a new disease "non-erosive acid disease or NERD. Because once again they are completely wrong about what causes this disorder.

Callers

- Tony has a friend who is a type 2 diabetic on kidney dialysis.
- Greg's mom has been diagnosed with congestive heart failure.
- Meredith recently had an appendectomy and asks Dr. Wallach for a nutritional supplement plan.
- David is lactose intolerant and is asking for dietary advice.

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.