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Monologue

Dr. Wallach starts the show discussing a Wall Street Journal article on probiotics. Asserting that as recent as 10 years ago those in mainstream crowd looked at people taking probiotics as nutjobs. Doc contends that many people who suffer digestive problems are actually suffering from a gluten intolerance.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding a study on late afternoon surgeries. A Duke University study found that patients who received operations after 3pm were much more likely to have higher rates of nausea, vomiting and postoperative pain. The author of the article asserts this is a two fold problem. First is due to a dip in circadian rhythms after 3pm causing surgical staff to be drowsy. Second he believes this happens because morning surgical crews often get off work at 3pm handing over the operation to a new staff.

Callers

- Ed has questions regarding his sister-in-law who has shingles, COPD (chronic obstructive pulmonary disease) and epilepsy.
- Frieda has chronically sore muscles.
- Caleb has two questions the first concerns his 3 year old son with cerebral palsy. Second he has questions regarding his mother who has asthma.

Grace is on the BRAT diet and is now experiencing chronic diarrhea.

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.