{enclose http://dev.ksco.got.net/podcasts/20130110_DDDL.mp3 9508624 audio/mpeg}

Monologue

Dr. Wallach starts the show discussing the obituary of George Francis who at death was the oldest person in America at age 112. Doc outlines George's lifestyle living simply in the swamp in Louisiana, catching fish and game and growing his own food. Doc points out that he lived through 19 presidents who only on average live to be 75 with the best of medical care. Also asserting that the doctors caring for those presidents on average only live to be 56 half as many years as George lived.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on a report from the National Research Council. The report states that when compared to 16 other wealth nations the U.S. ranks last in longevity and healthfulness. While spending more on healthcare than all of the other nations totalling 2.6 trillion dollars annually. Researchers believe this is because several factors from environmental to unhealthy lifestyes and lack of access to healthcare. Doc disagrees asserting it is because a fail medical system has taught the wrong message and the lack of nutrients in the diet.

Callers

- Pam has questions regarding her mother who has been mentally ill for several years.
- Marge has two questions the first asking Doc to explain the difference between type 1 and type 2 diabetes. Second she asks if cats can tolerate the "Beyond Tangy Tangerine" from Youngevity.
- Triana's father is experiencing edema in his legs due to kidney failure and hypertension.
- Jeff's 3 year old daughter has been diagnosed with type one diabetes and is suffering seizures.

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.