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Monologue

Dr. Wallach starts the show discussing cultures that have more centenarians than we have in the U.S. Outlining that most in these cultures can't even read. Obviouly these are people living mostly in third world nations without access to medical care and technology. Doc asserts that these cultures are still using wood for cooking and heating. Once the wood is burned they take the ash which is minerals and put the ash in their gardens. So without knowing it these peoples are supplementing minerals into their diets.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study on vitamin D and calcium supplementation. Researchers in Denmark examined eight clinical trials involving more than 70,000 people mostly older women. Some of the trials supplemented only vitamin D or a placebo while others supplemented both calcium and vitamin D. The results indicate that over the study period (three years) those supplementing both calcium and vitamin D were 9% less likely to die.

Callers

- Julie's mother has several health challenges including rheumatoid arthritis, psoriasis and pernicious anemia.
- Dan has a friend diagnosed with an arterial ventricular block.
- Sue has a friend with a baker's cyst behind her knee and the doctor is telling the patient she needs a knee replacement.
- Al has a red slider turtle that he is trying to feed Youngevity's "Arthrydex" product.

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.