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Monologue

Dr. Wallach mentions that Chinese doctors have determined the H5N1 flu virus has mutated again. Meaning it could be closer to becoming a strain that transmits from human to human. Dr. Wallach also discusses antioxidants and their role in absorbing "free radicals" in the human body.

Pearls of Wisdom

Dr. Wallach and Doug discuss a recent news article concerning salt. The AMA (American Medical Association) is asking the FDA to put warning labels on processed foods and restaurant foods that contain more than 480 milligrams of salt per portion. The AMA is also asking the FDA to revoke salt's GRAS (generally recognized as safe) status. Doug and Doc discuss the importance of salt in the diet for digestion and the lack of evidence to support the theories that salt contributes to heart disease.

Callers

Dirk has a friend with questions concerning high blood pressure and rapid heart rate. Elsie's friend has been diagnosed with problems with digestion. Wendy has a friend diagnosed with ulcerative colitis.