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Monologue

Dr. Wallach starts the show discussing a news article that states the whole grain and vegatable diet is still good. Doc goes through the article point by point and defines why this diet loaded with grains and oils is not so good. Outlining the benefits of using a "gluten free" diet in addition to consuming nutritional supplements.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss an investigative report that used the Freedom of Information Act to obtain data concerning "Immunization Schedules". Dr. Lucija Tomljenovic finding the UK's Joint Committee on Vaccination and Immunization and the Department of Health have been working with the vaccine industry to hide negative trials information from the public. The government and these private industry groups have been withholding negative safety results and data on the effectiveness of vaccines from the public for over 30 years.

Callers

- Wendy has questions regarding her husband who has kidney stones, a chronic cough and high blood pressure.
- Mary has two questions the first concerns a horse with severe muscle cramps. Second she asks Doc a her son's enlarged tonsils.
- Anita has been on kidney dialysis for over 15 years and was recently diagnosed with lupus.
- Elizabeth has a friend diagnosed with breast cancer.

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.