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Monologue

Dr. Wallach starts the show discussing an impending epidemic of arthritis among the "baby boomer" generation. Asserting this is happening because people listened to their doctors and excercised without supplementing. Outlining a study that found knee and hip replacement surgery for pain is worthless. Because it doesn't address the underlying problem of bone loss due to nutritonal deficiencies.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding a study from the University of Zurich. Researchers linked vitamin D deficiency to ten different common health challenges. Also stating that it is very difficult to get enough vitamin D through the diet. Recommending people should spend time in the sun and to supplement vitamin D.

Callers

- Pam has a friend with several health challenges including cataracts, glaucoma, weak bladder, rheumatoid arthritis, siezures, herniated disks, hypertension, high cholesterol and IBS (irritable bowel syndrome).
- Jim has questions for two people the first concerns a man with failing kidneys. Second he has questions regarding a man diagnosed with a benign sarcoma in his neck.
- Kevin recently had an aortic valve replacement and asks Doc for a nutritional supplement protocal to help his heart heal.
- Anthony is experiencing a chronically sore throat.

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.