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Monologue

Dr. Wallach begins the show discussing the new "Brain Pack" from Youngevity. A prepacked assortment of products designed to enhance brain function and health. Doc goes on to discuss a recent research study of the antioxidant resveratrol. The compound found in red wine was given to fat mice eating a fatty diet. The mice continued to live a healthy and long life.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a recent news story regarding caffeine laden energy drinks. In the past year more than 500 new energy drinks have hit the market worldwide. These drinks promise comsumers weight loss, increased indurance and legal high. The market grew 80% last year to 3.4 billion dollars. A research survey found that 31% of U.S. teens use these products daily.

Callers

- Sonny has two questions the first concerns acceptable LDL levels. Next he asks Dr. Wallach his opinion of stem cell research.
- Linda has three questions asking Doc about eye floaters first. Second she has questions concerning sleep apnea. Finally she has a friend diagnosed with colon cancer.
 - Kelly asks Dr. Wallach about weight loss.