{enclose http://dev.ksco.got.net/podcasts/20070105 DDDL.mp3}

Monologue

Dr. Wallach addresses the issue of weight gain and obesity. Contending that no diet or weight loss program will be effective over the long haul unless people deal with the root cause. Asserting that the root cause is "pica and cribbing" which is a nutritional defeciency.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach continue discussing the weight loss topic. Discussing a news story that outlines what the author believes will aid in weight loss. The author contends there are three main parts to attaining a "flat stomach". First is digestion followed by proper amounts of "good bacteria" to and finally choosing the right diet with plenty of fresh foods and staying away from processed foods.

Callers

- Will has questions regarding food cravings.
- Kathy has a cat that has a tumor.
- Terri's dog has been diagnosed with cataracts.
- Jenny's father has been diagnosed with metastatic carcinoma.