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Monologue

Dr. Wallach starts the show discussing a news article on nutrition. The article states that the most popular baby foods only contain about 20% of the vitamins and minerals needed to grow a healthy baby. Asserting that dog food has 100% of the nutrients needed for a healthy dog. Contending the same is true with cat food, chicken food, lizard food, fish food or bird food. Prompt him the ask the question "why is it that our pets get better nutrition than our children"? Also citing that most infant formulas have 13 minerals while his research indicates that there are 60 essential minerals and trace minerals needed for good health.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a recent FDA report on prescribing habits. The FDA analyzed large prescription drug data bases checking more that 2000 drugs looking for the top 30 most prescribed to children up to age 17. In 2010 alone there were 263.6 million presriptions filled for infants through adolescent. Finding prescriptions for antibiotics went down with experts explaining this was because of a greater awareness among doctors to not prescribe these drugs for viruses that aren't affected. Coupled with concerns that overuse is linked to the evolution of drug resistant bacteria. However, prescribing for ADHD drugs grew nearly 50% in less than 10 years. Experts contend this is due to better diagnosis of the disorder and better drugs for ADHD.

Callers

Dean has two items the first he cites improvements in his own conditions of peripheral neuropathies, sciatica and RLS (restless leg syndrome). Second he asks Dr. Wallach for a diet and supplement protocal for a new born Holstein calf.

Sharee has two questions the concerns alopecia and whether hair can be regrown or not. Second she asks Dr. Wallach if there would be any interaction between HRT (hormone replacement therapy) and taking Youngevity's "A.S.A.P. product.

Sarah's brother has an inflammed gall bladder that his doctor wants to remove.

Marina has a with kidney disease on dialysis with type 2 diabetes and hypothyroidism.

Cory has a friend diagnosed with ankylosing spondylitis.

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.