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Monologue

Dr. Wallach begins todays show discussing the problem of weight gain and obesity. Contending despite what MDs and the government thinks obesity is not a disease of excess but rather a problem of mineral deficiencies. Doc asserts that mineral deficiencies cause people to get the "munchies", "binge eat" or have pica and cribbing. Outlining various products and programs available through Youngevity that aid in weight loss.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news editorial written by a plastic surgeon. Dr. Anthony Youn admits in the article that when he was a surgical resident more than once he nodded off during surgery. Claiming no adverse events ocurred he outlines how this happens when intern used to go more than a day and a half without sleep. Outlining studies that found sleep deprived people have impairment in cognitive and motor performance equivalent to a blood-alcohol level of 0.1%. A level considered legally drunk in most U.S. states.

Callers

- Oak is obese and has failed several times in losing weight and keeping it off.
- Katrina is experiencing severe hot flashes and sweats.
- Tina's daughter recently fainted with no apparent explanation and continues to have dizziness.
- Jenny and four of her five children have diagnosed narcolepsy.

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.