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Monologue

Dr. Wallach starts the show discussing the prevelance of gluten intolerance in America. Citing statistics from the Mayo Clinic that contends that 30% of the population have a gluten intolerance. The statistics also state that in some communities the percentage could be as high as 80%. Doc asserts that this gluten intolerance results in an inability to absorb nutrients. This then leads to several health challenges including IBS (irritable bowel syndrome), Celiac disease, diverticulitis, lupus and Crohn's disease.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach continue outlining some of Doug's experiences dealing with the medical system in the past weeks. His father has been diagnosed with lung cancer. The treatments of chemotherapy and radiation resultining in low platelet counts and bleeding as a side effect. After several bleeding episodes during the therapy his father experienced a bleed about two weeks after the final treatment. The latest bleed almost took his life resulting in a life flight to a hospital during which his knee was injured during transport. Prior to the cancer treatment Doug's fathers doctor tried to get him on Coumadin which he refused. His father later asked the doctor what would have happened if he had been on the blood thinner during one of the bleeds. The doctors response was "you would have been in real trouble and probably wouldn't have survived."

Callers

- Judy has several health challenges including fibromyalgia, hypothyroidism, osteoporosis and kidney stones.
- Alexander has been diagnosed with an abdominal aortic aneurysm.
- Evalyn has a friend with shingles.
- Roger's wife has been diagnosed with pernicious anemia and Sjogren's syndrome.

Call Dr. Wallach's live radio program weekdays from noon until 1pm to pacific time at 831-685-1080 or toll free at 888-379-2552.