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Monologue

Dr. Wallach starts the show today discussing gluten intolerance. Asserting that many disease states such as diverticulitis, IBS (irritable bowel syndrome), colitis, Celiac disease, Crohn's and lupus are all related to a gluten intorlerance. The complex protein destroys the villi in the small intestine making it vitually impossible to absorb nutrients.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on pre-diabetes. The article authors outline five strategies to help avoid full blown diabetes. As is usually the case the MDs got part of it right but most of it wrong. They cite excersising 30 minutes a day to help lose weight and hopefully avoid diabetes. Then suggest a healthy diet which they believe is to avoid fats, sugars and sodium. Also suggesting whole grains that are now known to cause gluten intolerance. Cooking smart is another suggestion. But they suggest using oils and vegatable sprays while cooking instead of butter. Monitoring cholesterol and blood pressure is the fourth suggestion. Finally the only one they got completely right is to not smoke or stop smoking which ever the case may be.

Callers

- Chaz was bore with cerebral palsy.
- Marina has a friend who has encephalitis.
- Michael was diagnosed with a cardiomyopathy.
- Michael's girlfriend's grandmother has late stage Alzheimer's.

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.