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Monologue

Dr. Wallach starts the show discussing America's ever expanding waistlines. Contending that once medical doctors started urging patients to stop eating fat and to eat more whole grains that's when our weight problem started in this country. Asserting that not only are these grains making America fat but are also contributing to all of the diseases that crop up from gluten intolerance.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news story concerning a report from the Trust for America's Health and the Robert Wood Johnson Foundation. The report using CDC data states that Mississippi the country's leader in obesity is currently at 34.9%. With that number rising to 66.7% by the year 2030. It also projects that by 2030 as many as 13 states could rise above 60% and by the same time all states will be above 44%. Further more the report also states by the same time frame 39 states will have obesity rates above 50%.

Callers

- Bellamy's 12 year old son has periodontal disease.
- Frank has been diagnosed with degenerative disk disease.
- John's wife and a friend's daughter have both been diagnosed with rheumatoid arthritis.
- Aurora has been experiencing atrial fibrulation.

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